

Satay Chicken Salad

Serves: 4

Prep time: 20 minutes + 1 hour marinating time

Cook time: 15 minutes



2 serves per portion

Ingredients

Chicken:

500g chicken thighs, fat trimmed, cut into strips

1 tablespoon red curry paste

2 tablespoons soy sauce, reduced salt

½ teaspoon turmeric powder

1 teaspoon curry powder

¼ cup coconut milk, reduced fat

2 teaspoons sesame oil

2 teaspoons vegetable oil

Salad:

¼ red cabbage, shredded

¼ green cabbage, shredded

1 carrot, julienned

200g cherry tomatoes, halved

1 cup bean sprouts

4 spring onions, finely sliced

1 bunch coriander, leaves only

1 lime, cut into wedges, to serve

½ cup unsalted peanuts, to serve

Satay Sauce:

½ lime, juiced

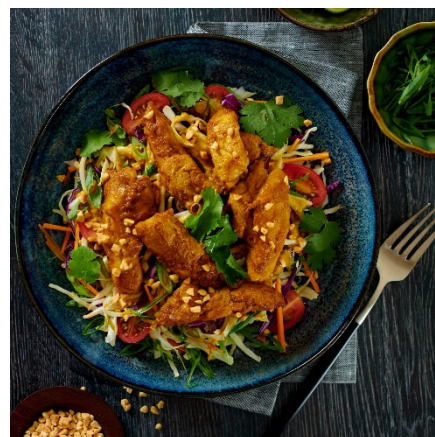
1 teaspoon honey

1 tablespoon soy sauce, reduced salt

1 tablespoon curry powder

3 tablespoons peanut butter

⅔ cup coconut milk, reduced fat



Everyday Food

Method

ADD the chicken, red curry paste, soy sauce, turmeric, curry powder, coconut milk and sesame oil into a medium bowl and mix until combined. Set aside to marinate for around an hour.

HEAT the vegetable oil in a fry pan over medium heat. Add the marinated chicken and cook until cooked through, turning occasionally.

MIX the lime juice, honey, soy sauce, curry powder and peanut butter in a small bowl. Transfer to a small saucepan with the coconut milk and heat gently for 5 mins, stirring continually, until combined.

ADD the cabbage, carrot, tomatoes, bean sprouts, spring onions and half the coriander into a large bowl. Toss to combine. Mix in half of the satay sauce until well combined.

ASSEMBLE by portioning the salad into bowls and placing the chicken in top. Pour over the remaining satay sauce and sprinkle with coriander and peanuts. Serve with a wedge of lime.

Recipe courtesy of QCWA Country of Study Recipes 2021: Malaysia